

**ABSTRACT OF THE DISCLOSURE**

The invention features methods to detect T wave lability in an individual, and methods of using T wave lability to detect or monitor abnormal cardiac activities. An individual can be assessed for the risk of sudden death due to cardiovascular pathology using methods provided by the invention. The invention also features methods of obtaining a T wave lability index for an individual. The invention further features a computer-readable storage medium for calculating an individual's T wave lability index and an apparatus for obtaining same. In addition, the invention features an article of manufacture for chemically stressing an individual for the purpose of determining a T wave lability index.

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